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RETINA
SOUTH AFRICA

Out of Sight

November 2025

Organisation News

Dear Readers, Happy November!

This month marks Disability Awareness Month, a time to spotlight inclusion and build real understanding for people with disabilities. We celebrate progress and push for more... every step counts.

Also, entries for the Dis-Chem Ride for Sight are now open! Check the link below to join us. And don't miss the Zanzibar raffle-it's still live, so share it with friends and family to boost our support.

Together, we make a difference.

Keep reading, and let's keep moving forward.

Mariza Jurgens
The Editor

DISABILITY RIGHTS AWARENESS MONTH

South Africa observes Disability Rights Awareness Month from 3 November to 3 December each year, a dedicated period to affirm the dignity and rights of persons with disabilities.

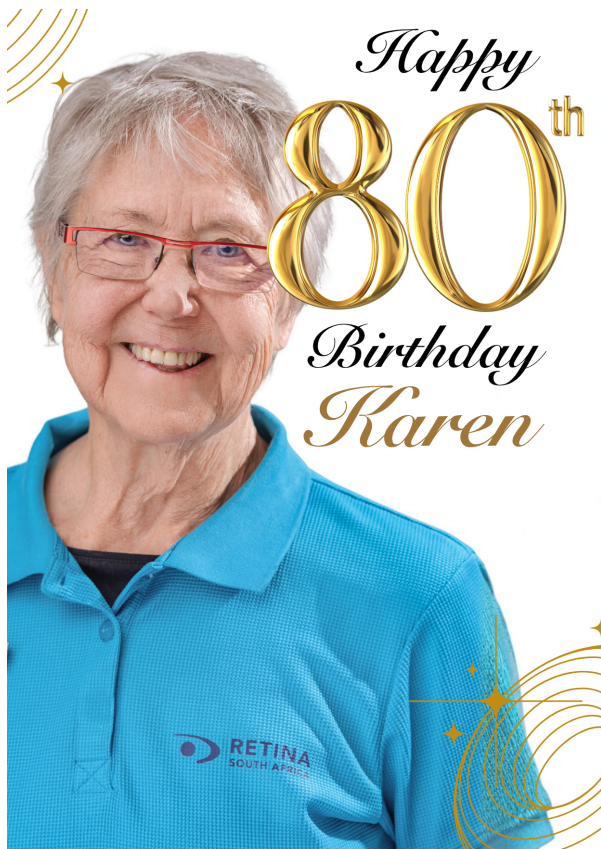
Established in the early 2000s as part of our democratic journey, the observance has grown into a nationwide call for inclusion, equal opportunity and barrier-free living. While sighted society often overlooks what we navigate daily (white canes tapping unfamiliar pavements, screen readers stumbling over bad websites) this month flips that script.

It begins on the 3rd of November with forums, workshops and policy talks; ends on the 3rd of December with International Day of Persons with Disabilities.

31 days to remind government, employers, friends (even ourselves) that impairment isn't the story. Exclusion is. For those among us who read by ear or fingertip, October isn't just prep time; it's permission to lead the conversation. Tune in, speak up, demand better captions and curbside ramps alike.

Celebrating a Milestone: Happy 80th Birthday!

This month, we celebrate a truly special occasion—the 80th birthday of our esteemed colleague and friend, Karen.



With decades of dedication, wisdom, and heart, Karen has made an indelible mark on our community and continues to inspire us all.

We honour not just the years, but the legacy of kindness, leadership, and unwavering commitment that Karen brings to everything she does.

Please join us in wishing Karen a joyful birthday and many more years of health, happiness, and continued impact!

Riding Toward a Cure: The 37-Year Journey of the Dis-Chem Ride for Sight



Launched in 1990, the Ride for Sight is Retina South Africa's flagship fundraiser supporting retinal research and vision loss advocacy. Now in its 37th year, the event takes place at Boksburg City Stadium and welcomes thousands of cyclists—including para-cyclists using tandems and handcycles. Over R13 million has been raised to date.

The 2026 edition, part of the Mzansi National Road Series, features 116km, 62km and 10km routes and expects over 4000 riders.

Even if you're not riding, this is the perfect time to encourage friends, family, or colleagues to sign up. Whether they're seasoned

cyclists or just starting out, every entry helps fund sight-saving science—and builds momentum for one of South Africa's most inclusive sporting events.

Entries are now open!

ENTER NOW

GET INVOLVED - MAKE A DIFFERENCE



OUR SAVE OUR SIGHT CAMPAIGN NEEDS YOU!

Our Save Our Sight Campaign is more than a fundraising effort—it's a movement for empowerment, inclusion, and hope.

Through your support, we continue to drive research into retinal conditions, provide essential services, and advocate for a future where vision loss no longer means isolation.

We invite our members to renew their annual membership for just R240. Not only will you be contributing to life-changing work, but you'll also be entered into our monthly R500 draw—a small thank you for standing with us.

The general public is warmly encouraged to join the cause by donating R250 to the campaign. **Spread the word—friends, family,**

colleagues—because who wouldn't welcome a chance to win **R500 every month?** Each ticket purchased brings us one step closer to pioneering treatments and a future where inclusion and independence are within reach for all.

Congratulations to our September winner Merle Sowman.

[Renew Membership](#)

[Donate Now](#)

FUNDRAISING EVENTS

Padel for Sight - Play for a Purpose - NEW DATE ANNOUNCED - 21 February 2026



Due to popular demand, Padel for Sight has been rescheduled to Saturday **21 FEBRUARY 2026**— giving even more players the chance to join us on court and play for a powerful cause!

Date: 21 February 2026

Venue: Techno Padel, Modderfontein Golf Club, 1 Centenary Street,

We're thrilled by the incredible response and want to ensure everyone has the opportunity to be part of this meaningful event.

Already Registered:

Your tickets are still valid, and your entry will automatically carry over to the new date – no action needed.

Missed your chance to register last time?

Now's your moment — with the new date confirmed, we're opening the court to even more players. Whether you're joining solo, as a pair, or with a team, there's still time to be part of something unforgettable.

Player Packages

- **Solo Player** – R650 (No partner? No problem! We'll match you on the day.)
- **Team of 2** – R1,250 (Play with a friend and support the cause.)
- **Corporate Team** (4 Players) – R2,600 (Perfect for companies rallying for sight.)

BOOK NOW

**Ride Joburg 2025 - Powered by
Passion & Purpose**



Linsay Engelbrecht - *Head of Special Events and Para Sport Development*

What a day! On Sunday, 26 October, 30 incredible riders took on Ride Joburg in support of Retina South Africa - and they did it with pure heart.

From families riding side by side to a dad-and-daughter tandem team, and even a doctor fresh from a cataract outreach, every rider brought their own story to the start line.

We had two married couples and a pair of lifelong friends sharing tandems - each with a visually impaired para cyclist on the back and their sighted pilot up front. These three tandems are also part of Team Retina SA, our *mixed para cycling team* proudly representing us at the Old Mutual Wealth Double Century next month.

And talk about resilience - one of our riders finished strong after breaking her hand just months ago and even taking a tumble mid-

race!

Back at our hospitality area, riders refuelled with a hearty meal, swapped stories, and shared plenty of laughter (thanks to Ofhani Rapestwane, our top fundraiser and unofficial MC of the day!). A massage therapist was on hand too, easing those well-earned aches.

Our melange grey cycling kit turned heads all day!



Retina SA Crew Socks -

Love the look? Team Retina SA socks are still available on our online store - wear your support with pride.

[View](#)

Love the look? Team Retina SA socks are still available on our online store - wear your support with pride.

Ride Joburg reminded us that you don't need to be a seasoned cyclist to make an impact - just **passion, perseverance, and purpose**.

Ride for Sight 2026



15 FEBRUARY 2026
BOKSBURG CITY STADIUM,
GAUTENG

Proudly Sponsored By:



Scan Here to Enter

Missed the Early Bird? Don't Worry – Entries Are Now Open!

The countdown to the 37th Dis-Chem Ride for Sight is officially on! Join thousands of cyclists on Sunday, 15 February 2026, at Boksburg City Stadium for one of Gauteng's most iconic charity rides - in support of Retina South Africa's mission to beat blindness.

Choose your challenge - 116 km, 62 km, or 10 km - and enjoy great race-day energy, exclusive goodies, and official seeding for Ride Joburg 2026 and The Cape Town Cycle Tour 2027.

General entries are now open!

116 km – R680 | 62 km – R500 | 10 km – R150

Ride for Sight – and Win for Sight!

Buy your raffle tickets for a chance to win:

Sponsored by:


CYCLE LAB



An ORBEA ORCA M30 Road Bike (Valued at R65, 000)

- Featherlight OMR carbon frame for ultimate performance
- Premium Shimano 105 components for precise

control

A Luxury Tree Top Safari Escape

2 Nights Luxury Tree House Stay for two at Pezulu Tree House Lodge.



Every raffle ticket helps fund vital vision research and support for those affected by retinal blindness - and the **Dis-Chem Foundation** will match every rand raised!

Together, we ride to beat blindness.

Visit the [Ride for Sight Event Page](#) to learn more, or click the Enter Now button below to join.

ENTER NOW

RETINAL REALITIES PODCAST



Episode 28 - Empowered to Educate

In this inspiring episode of Retinal Realities, we sit down with Peter Lindeque, a passionate educator and founder of an online tutoring platform designed for learners with Stargardt's disease and other visual impairments.

Diagnosed at age 10, Peter's path was shaped by uncertainty, resilience, and the unwavering support of his family. His story is a testament to the power of education—not just as a tool for learning, but as a weapon for transformation.

[Listen to Pieter's Story](#)



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**Clinically Complete, Locally
Available: Nurture Vision's Triple**

Carotenoid Eye Health

In the fast-evolving landscape of eye care, protecting vision has become just as important as correcting it. With an ageing population, rising screen exposure, and increased awareness of Age-Related Macular Degeneration (AMD), the focus has shifted toward prevention, and rightly so.

While blue light-blocking lenses, UV filters, and dietary advice all play a role, emerging research continues to highlight the significance of macular carotenoids in long-term visual protection.

These three key pigments: lutein, zeaxanthin, and meso-zeaxanthin are concentrated in the macula, where they form a protective filter that defends against oxidative damage, enhances contrast sensitivity, and helps maintain central vision.



However, diet alone often falls short. That's why supplementation has become a trusted tool in AMD prevention and retinal support. But until recently, South African patients faced limited access to affordable, clinically complete macular supplements, especially those including all three carotenoids.

**Where to Get Nurture Vision
Eye Health**

UPCOMING FUNDRAISING EVENTS

Events Calendar

22 November 2025 - [Double Century Tour](#) - Swellendam

15 February 2026 - [Dis-Chem Ride for Sight](#) - Gauteng

21 February 2026 - [Padel for Sight](#), Play for A Purpose - Modderfontein, Gauteng

Retina SA Disclaimer

Information disseminated by Retina South Africa is for information purposes only. Readers must discuss any intervention with their Eye Care Practitioner. Information in this Out of Sight Newsletter does not imply that Retina South Africa endorses any particular therapy, intervention or medication. Retina South Africa assumes no responsibility for the use made of any information provided in this newsletter.

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